



UNIVERSITY OF
FLORIDA

IFAS EXTENSION

COOKING HEALTHY WITH DIABETES

If you have diabetes, selecting and preparing foods that are low in sugar, fat and sodium can be a real challenge. The Escambia and Santa Rosa Extension Offices, of the University of Florida IFAS (Institute for Food and Agricultural Sciences), will offer a series of cooking classes for people with diabetes, their family members, or caretakers. It will be held at the Santa Rosa County Extension Office, 6263 Dogwood Dr., Milton, FL. The course will be held from 9:30 A.M.-Noon on Tuesday's, April 11, 18 and May 2nd.

The program will include food demonstrations and speakers presenting the latest information about diabetes with topics such as diabetes basics, carbohydrate counting, food shopping and using sugar substitutes. Class participants will receive a recipe book, watch cooking demonstrations, and taste foods made with less fat, sugar and salt.

Dorothy Lee and Linda Bowman RD/LD, family and consumer science agents with UF/IFAS Extension, are coordinating and teaching the program.

The cost of the program, which includes food and educational materials, is \$15 per person or \$20.00 per married couple. Checks should be made payable to the Santa Rosa Extension Advisory Fund. Register by contacting Santa Rosa County Extension at 623-3868. Class size will be limited. Registration deadline is April 7, 2006.

For more information contact:

Linda Bowman (M-F/8am - 4:30pm-623-3868)